

West Burlington Jr/Sr High

MEAL PRICING:

| | |
|-------------------------|--------|
| Breakfast Full Price | \$1.70 |
| Reduced Breakfast Price | .40 |
| Milk only | .50 |

BREAKFAST Menu

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|--|---|---|
| 1 | Pizza Cereal & toast Cereal & yogurt | Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast | Pizza Cereal & toast Cereal & yogurt | Biscuit & gravy Breakfast sandwich Cereal & toast | Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast |
| 2 | Pizza Cereal & toast Cereal & yogurt | Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast | Pizza Cereal & toast Cereal & yogurt | Biscuit & gravy Breakfast sandwich Cereal & toast | Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast |
| 3 | Pizza Cereal & toast Cereal & yogurt | Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast | Pizza Cereal & toast Cereal & yogurt | Biscuit & gravy Breakfast sandwich Cereal & toast | Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast |
| 4 | Pizza Cereal & toast Cereal & yogurt | Cinnamon roll Pancake & sausage on stick Waffle or pancake Cereal & toast | Pizza Cereal & toast Cereal & yogurt | Biscuit & gravy Breakfast sandwich Cereal & toast | Cinnamon roll Pancake & sausage Waffle or pancake Cereal & toast |

Drinks

100% Fruit juice
Apple
Grape
Orange

Milk

Chocolate
Skim
1 %

NUTRITION BITES:

- Dairy provides 74% of the vitamin D in young children's diets¹
- More than half of whole grains are eaten at breakfast²
- Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems. Breakfast also tends to help kids stay alert^{3,4,5}

| S | M | T | W | T | F | S |
|-------|-------|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. Dairy Research Institute™. NHANES 2009-10.
2. NDP Group, Whole Grains by Eating Occasion, 2006-2011; May 2011.
3. Murphy JM et al. The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and Longitudinal Observations in an inner-city School Sample. Arch Pediatr Adolesc Med 1998;152:899-907.
4. Wahlstrom KL and Begalle MS. More than test scores: Results of the universal school breakfast pilot in Minnesota. Top Clin Nutr 1999;(1):17-29.
5. Wesnes KA et al. Breakfast reduces declines in attention and memory over the morning in schoolchildren. Appetite 2003;41:329-331.